

KINDERGARTEN REGISTRATION MEETING COMING SOON! PRESCHOOL

HILLIARD CITY PRESCHOOL January 2012

Dates to Remember:

- Jan. 10 – Spirit Night @ Jet's Pizza 5-8 pm
- Jan. 16 – NO SCHOOL – Martin Luther King Day
- Jan. 18 – 7:00 PM Registration for kindergarten at your child's home elementary building
- Jan. 25 – NO AM PRESCHOOL – Late Start Day
- Feb. 2 – Market Day Pick-up 5:30 -6:30 pm
6:30 pm – PTO meeting
- Feb. 13- Parent/Teacher Conferences
- Feb. 17 – NO School
- Feb. 20 – NO School
- Feb. 22 and 23 – Spring Picture Day

FROM OUR DIRECTOR:

Hope everyone enjoyed their holidays! Lots of updates for January!

REMINDERS FOR THOSE STUDENTS GOING TO KINDERGARTEN FOR THE 2012-13 SCHOOL YEAR:

- ∞ Parents must attend the registration meeting at their child's upcoming home school elementary school. The rest of the process will be explained at the registration meeting. (This meeting is Wed. January 18, 2012 at 7:00 PM.

Just a reminder, our front doors will be locked during instructional time beginning Tues. 1/10/12. Please push the buzzer and someone from the office will let you in. Thanks for your cooperation for the safety of our students.

Have a wonderful January!

Sharon

Happy Winter

I hope you all enjoyed the holiday break with your families! May 2012 be a year full of excitement, growth and prosperity for your family!

This is a reminder that each month this newsletter is sent home to inform you of events in our preschool world, community events and to address your needs. To do that, please send me any questions, request for information and any great books you have read that I should purchase for our parent library. You can also use this space to ask for help with finding sitters, selling items you no longer need, finding car-pooling, etc. Just call or e-mail me:

Deborah_osbun@hboe.org (do not forget the underscore in between my first and last name.

334-1404

Debbie Osbun

Family Services

Information is also available to share by myself and parents on the SHARE BOARD located in the motor room across from the office. Please stop in periodically to check out the information. I will also pass information from the board to you through this newsletter.

Read on for information on:

- Book Reviews
- LABELS FOR EDUCATION
- News from our school nurse

Book Reviews

Since we tend to be stuck inside more often these next few months, I picked books about discipline to review this month. Be sure to make clear expectations for your home, provide plenty of activity and then follow through with consequences!

The following books can be borrowed from the preschool library by checking them out of room 212 or sending a note or e-mail to Debbie Osbun who will check out the book in your name and send it home in your child's book bag.

1,2,3 Magic Effective Discipline for Children 2-12 by Thomas W. Phelan, Ph.D.

In this easy to read book, we are reminded to keep expectations and discipline simple and clear, to follow through and to LISTEN! (I am constantly working on this one!) Get in these habits now to make your life easier for yourself and your child and to prepare for the teenage years!

He lists the 3 steps to Effective Parenting are:

1. Controlling obnoxious behavior
2. Encouraging good behavior
3. Strengthening your relationship with your child

I highly recommend this book to everyone!!

If anyone is interested, we can try a book talk to meet to discuss this book. Just let me know if you are interested in meeting with a group of parents, myself and one of our school psychologists for about 3 times this winter. E-mail me your preferred time to meet (during the day or evenings).

Just Tell Me What to Say Sensible Tips and Scripts for Perplexed Parents by Betsy Brown Braun

This book addresses the 4 types of communication:

1. verbal communication
2. nonverbal language

3. listening
4. modeling

She then addresses issues such as siblings, eating, manners, parenting dilemmas, the birds and the bees, serious illness, death, divorce and questions about disasters, war and terrorism.

How to Discipline Kids without Losing Their Love and Respect by Jim Fay

This short, easy to read book addresses teaching our children life long skills. It focuses on 2 rules:

1. "Adults set firm limits in loving ways without anger, lectures, threats, or repeated warnings."
2. "When a child causes a problem, the adult hands it back in loving ways."

As you can tell, these 3 books are very similar yet each worth reading. If there is enough interest in a parent book talk, we could address all 3 books. If I hear back from enough parents, I will start the meetings in early February. Stay tuned.

LABELS FOR EDUCATION

Labels for Education will offer a special collection sheet for bonus points in the January 8, 2012 newspaper (with the coupons). Please look for this collection sheet and turn in the completed sheet to us by 3/31/2012. Just drop these off to the office or send in via your child's book bag. THANK YOU! This money goes to PTO who uses it for events such as the spring field day.

IDEAS FOR BREAKFAST From Debra Stoner, RN

Why Breakfast?

Smart Reasons To Eat Breakfast...

Fuels the body with nutrients. Your child might not make up nutrients missed at breakfast. You might not either.

Provides calories (energy) for the morning's active play.

Gets your child ready to learn – at home, school, or day care. Kids learn better if they eat breakfast. If you eat breakfast, you may get more done in the morning, too.

Helps keep a healthy body weight. Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young kids may need a small morning snack.

Helps kids feel good. Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.

Tastes good! Offer foods your child and family enjoy – even if they are not common for breakfast.



Smart Ways To Make Breakfast Successful!

Eat breakfast yourself. “Showing” teaches more than simply “telling.” Your child will follow what you do.

Manage your early morning time.

- **Start making breakfast the night before.** You might mix the juice, slice fruit, or make hard-cooked eggs.
- **Go to bed earlier,** so you get up earlier.
- **Stock your kitchen** with quick-to-fix breakfast foods.

Consider your child's needs.

- **Encourage variety** and help your child feel in control of breakfast; offer choices throughout the week.
- **Give your child time to wake up.** Many kids aren't hungry right away. Rushing puts pressure on breakfast eating. Wake up earlier.
- **Ask your child to help with breakfast** – on a morning when you're not rushing. It can be a nice way to start your child's day.



Easy Ideas for Quick, Yummy Breakfasts!

If you do not have much time to make breakfast, try these easy ideas. Talk with your family. Add their ideas, too.

- Dry cereal (flakes, rounds, or puffed) with lowfat or fat-free milk and fruit



- Peanut butter on whole-wheat toast

- Bagel with lowfat or fat-free cheese

- Reheated rice, hard-cooked egg

- Grits topped with lowfat or fat-free cheese

- Oatmeal with applesauce

- Pita bread and lowfat or fat-free yogurt



- Toasted waffle topped with sliced fruit

- Rice and beans, with fruit

- Chicken noodle soup and fruit



- Your family's ideas:

